

LGBTQ+ YOUTH RESOURCES



You
belong
here.

Disclaimer

This resource list is for general information purposes only and is being provided for your convenience. The list is not intended to be a complete and exhaustive list of community, state and national resources. The list and information provided herein may not constitute the most up-to-date information. The list and information is provided "as is" and no representations are being made that the content is error-free. Please contact the provider for verification of payment accepted and any services offered. Pitt County SADD and ECU Health do not endorse or guarantee in any way the organizations or resources listed.

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Crisis Numbers

Suicide

Trevor Project Lifeline: 1-866-488-7386

Trevor Project Text: Text START to 678-678

Text to chat: Text HOME to 741741

Trans Lifeline: 1-877-565-8860

The LGBT National Hotline: 1-888-843-4564

National Suicide Prevention Lifeline: 1-800-273-8255

National Suicide Prevention Lifeline: www.suicidepreventionlifeline.org/chat/

Crisis Text Line: www.crisistextline.org

Crisis Text: Text TALK to 741741

REAL Crisis: 252-758-4357

Mental Health and Substance Use

Mobile Crisis/Integrated Family Services: 1-866-437-1821

Integrated Family Services Crisis Chat: www.integratedfamilyservices.net/crisis-chat-service

Trillium Crisis: 1-877-685-2415

NC Crisis Solutions: www.crisissolutionsnc.org

Domestic and Partner Violence

Center for Family Violence Prevention: 252-752-3811

Students and LGBTQ+ Persons

Resource Name	Website Link	Overview
Youth - Gender Spectrum	https://www.genderspectrum.org/audiences/youth	Get answers to frequently asked questions about gender.
LGBTQ+ Youth - Human Rights Campaign	https://www.hrc.org/resources/lgbtq-youth	The Human Rights Campaign supports LGBTQ+ individuals, allies, and institutions with resources via a set of comprehensive programs.
Online Communities and LGBTQ+ Youth	https://www.hrc.org/resources/online-communities-and-lgbtq-youth	Facts, statistics and information concerning social media and LGBTQ+ youth.
LGBTQ Youth Resources Health CDC	https://www.cdc.gov/lgbthealth/youth-resources.htm	Resources from the CDC, other government agencies, and community organizations for LGBT Youth, their friends, educators, parents, and family members to support positive environments.
LGBTQ Resource List GLAAD	https://www.glaad.org/resourcealist	LGBTQ Resource List (Political, Bisexual, Youth, Military, Transgender, Aging, Legal, General).
LGBTQ+ Student Resources & Support	https://www.accreditedschoolsonline.org/resources/lgbtq-student-support/	Statistics, data and information concerning LGBTQ+ students. Scholarship information.
GSA Network	https://gsanetwork.org/	We support LGBTQ+ youth organizers across the country to take action and create change at all levels, from school-based campaigns that impact individual school districts to national days of action.
It Gets Better Project	https://itgetsbetter.org/	The It Gets Better Project's mission is to uplift, empower, and connect lesbian, gay, bisexual, transgender, and queer (LGBTQ+) youth around the globe.
Q Chat Space	https://www.qchatspace.org/	Q Chat Space provides online discussion groups for LGBTQ+ and questioning teens ages 13 to 19. It is not a forum. It is live and chat based; there is no video or

		audio. Conversations are facilitated by experienced staff who work at LGBTQ+ centers around the United States.
Info and Resources for LGBTQ Teens and Allies	https://www.plannedparenthood.org/learn/teens/lgbtq/info-and-resources-lgbtq-teens-and-allies	If you're a LGBTQ teen or ally, there are lots of resources to help you get the support and info you need. Here are a few ideas of where to start:
LGBTQ Youth & Schools Resource Library American Civil Liberties Union	https://www.aclu.org/library-lgbt-youth-schools-resources-and-links	We've gathered some of the best information we have plus great stuff from other organizations and websites on this page to help you find things that can help you learn more about your rights and what you can do to make your school a safer, more welcoming place.
LGBTQ+ Resources for Teens - Wellness Every Day	https://www.wellnesseveryday.org/lgbtq/lgbtq-resources-for-teens	Working together to share information, increase support and make a difference in our community!
Connect Safely	https://www.connectsafely.org/lgbtq-resources/	LGBTQ Resource List
LGBTQIA Groups	https://giveusthefloor.org/lgbtqia-groups/?gclid=CjwKCAjwloCSBhAeEiwA3hVo_ePmR68qTJ6w0V-Syo0buN8ao7aeqTOPt8_uMeV1OBhqYOs3Y-LEgRoCHEEQAvD_Bw	Join one of our LGBTQIA+ teen-only supportive group chats where it is safe to express yourself without judgement.
Time Out Youth	https://timeoutyouth.org/	Empowering Lesbian, Gay, Bisexual, Transgender, Queer and Questioning Youth. Time Out Youth Center offers a safe space for all and fully respects the journey of each individual. While at Time Out Youth, you are not expected to be anyone or anything except who you are.
LGBT Center of Raleigh	https://www.lgbtcenterofraleigh.com/resources.html	Programs, support, and events for the gay, lesbian, bi, and trans community in the Triangle.
Dr. Jesse R. Peel LGBTQ Center	https://lgbtq.ecu.edu/	Our resources include: a lending library; information on campus, local, and national resources; and four computer workstations, in addition to a social area, a conference room, and offices for our staff. Throughout the year, we offer educational programs and events,

		and participate in national We invite you to visit the Peel LGBTQ Center—everyone is always welcome!
Youth OUTright WNC, Inc.	https://www.youthoutright.org/our-mission	We engage and support LGBTQIA+ youth ages 11-20 to be confident, resilient and compassionate community members. We envision a world where youth of all gender and sexual identities are empowered to reach their full potential. We provide information, support and resources in a safer, inclusive and affirming environment.
Resources Peer Facilitator Packet	https://static1.squarespace.com/static/5dab03131959d419aa06a834/t/5dab4568042cb17c2aa2ad5c/1571505523066/Resources_Peer_facilitator_packet.pdf	This LGBTQIA+ Peer Facilitator Guide for you and your community so that you have a range of tools to support your work in talking about common concerns regarding sex and identity with young LGBTQIA+ folks. Here you'll find a few activity plans.
Direct Online and Phone Support Services for LGBTQ Youth	https://www.hrc.org/resources/direct-online-and-phone-support-services-for-lgbtq-youth	Here are some resources that LGBTQ youth and their parents/guardians can access online or by phone.
Youth Chatrooms	http://www.glbthotline.org/youthchatrooms.html	Our weekly moderated chat rooms are for young people ages 19 and younger to talk in a safe space and be able to express themselves without fear of being made to feel uncomfortable or unwelcome.
Point Foundation	https://pointfoundation.org/thepoint/mission/	Point Foundation (Point) is the nation's largest scholarship-granting organization for lesbian, gay, bisexual, transgender, and queer (LGBTQ) students of merit. Point promotes change through scholarship funding, mentorship, leadership development, and community service training.
LGBTQ Guide - What If?	https://www.teenplaybook.org/what-if/lgbtq-guide/	The Playbook is a place where teens can find accurate information about sexual health and birth control. An initiative of SHIFT NC, the Playbook is judgment-free zone: There's no such thing as a dumb question!

Resources - Children and Youth	https://edubirdie.org/articles/children-youth/	Find a wealth of resources for supporting LGBTQ youth at home, in school and in the community.
Be True Be You LGBTQ Booklet	https://www.eachmindmatters.org/wp-content/uploads/2017/06/Be-True-Be-You-LGBTQ-Booklet-DIGITAL.pdf	A basic mental health guide for LGBTQ+ youth.
My Story Out Loud	https://mystoryoutloud.org/	My Story Out Loud is a digital storytelling project dedicated to uplifting the narratives of LGBTQ+ youth of color and young people living with HIV across the nation by capturing our stories and experiences.
College Experience Guide for LGBTQ+ Students	https://www.bestcolleges.com/resources/lgbtq-student-guide/	Explore common experiences and challenges of LGBTQ+ college students and learn how you can ensure your campus supports and affirms LGBTQ+ students.
Teen Vogue : How To Come Out to Your Parents	https://www.teenvogue.com/story/how-to-come-out-to-parentstips?_ga=2.132021967.1112863870.1650234083-233131975.1650234083	A list of things you should keep in mind before talking to parents about your identity.
Video: 4 Tips for Coming Out to Your Parents	https://www.youtube.com/watch?v=0E6OcwYB_nw&t=27s	Susan Cottrell, the Christian mom behind freedhearts.org, gives you 4 tips for coming out to your parents (as someone with two queer kids, she's been there before).
Handout: Making a Coming out Plan	https://students673.ucr.edu/docserver/lgbt/making_a_coming_out_plan.pdf	When you're ready to tell that first person – or even those first few people – give yourself time to prepare. Think through your options and make a deliberate plan of whom to approach, when and how. This plan helps.
A Teen's Guide to Asexuality	https://www.girlspring.com/a-teens-guide-to-asexuality/	GirlSpring is a nonprofit organization whose mission is to provide access to reliable information, inspiring events, and positive role models so girls and (ages 9-18) are empowered to reach their full potential.
The Asexual Visibility and Education Network	https://www.asexuality.org/	AVEN hosts the world's largest online asexual community as well as a large archive of resources on

		asexuality. AVEN strives to create open, honest discussion about asexuality among sexual and asexual people alike.
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Trans and Non-Binary Resources

Resource Name	Website Link	Overview
Supporting Your Transgender Students: 6 Tips For Teachers And Administrators From A Trans Student	https://trans-cafe.squarespace.com/posts/2016/11/7/supporting-your-transgender-students-6-tips-for-teachers-and-administrators-from-a-trans-student	Our research and experience has shown that there are four major ways that schools can cultivate a safe and supportive environment for all of their students, regardless of sexual orientation, gender identity or expression.
GLSEN Safe Space Kit: Solidarity with LGBTQ+ Youth	https://www.glsen.org/activity/inclusive-curriculum-guide	One way that educators can promote safer school environments is by developing lessons that avoid bias and that include positive representations of lesbian, gay, bisexual, transgender and queer (LGBTQ) people, history, and events.
Transgender 101: A Guide to Gender and Identity to Help You Keep Up with the Conversation	https://trans-cafe.squarespace.com/posts/2016/9/5/transgender-101-a-guide-to-gender-and-identity-to-help-you-keep-up-with-the-conversation	A guide about transgender people for folks who need it short, simple, and sweet. As short as an entire guide on gender can be
Gender Support Checklist for Transgender and Non-Binary Students - Welcoming Schools	https://welcomingschools.org/resources/gender-support-checklist-for-transgender-and-non-binary-students	Checklist for support of transgender and non-binary students.
A Gender Identity Glossary for Schools	https://rossieronline.usc.edu/blog/gender-identity-glossary/	A glossary of commonly used terms to describe aspects of gender identity and expression.
Non-binary? Intersex? 11 US states issuing third gender IDs	https://www.weforum.org/agenda/2019/02/nonbinary-intersex-11-u-s-states-issuing-third-gender-ids/	Here are 11 states that grant identity documents with non-binary gender markers - plus Washington D.C., the capital.

TransLifeLine.org Binding Guide	https://translifeline.org/binding-guide/?gclid=Cj0KCQjwhLKUBhDiARIsAMaTLnFvgcDkq2-il7N1rzNaG51y932CtcZS3Mt8ptMfcFZ-e2h5TjYY4eAaAuSMEALw_wcB	Facts, information and resources for binding.
On Being Trans & Autistic	https://translifeline.org/on-being-trans-autistic/	Recent research found that up to 24% of gender-diverse people reported being autistic. Being trans can mean a bunch of different things, and so can being autistic.
Autistic Women & Non-binary Network (AWN)	https://awnnetwork.org/	AWN is a 501(c)(3) tax exempt organization with a mission to provide community, support and resources for Autistic women, girls, transfeminine and trans-masculine non-binary and genderqueer people, trans people of all genders, Two Spirit people, and all others of marginalized genders.
Free chest binders for trans folks who need them Point of Pride	https://www.pointofpride.org/free-chest-binders	Point of Pride provides free chest binders (specially-designed chest compression garments) to any trans person who needs one and cannot afford or safely obtain one.
Hotline Trans Lifeline	https://translifeline.org/hotline/	Trans Lifeline's Hotline is a peer support phone service run by trans people for our trans and questioning peers. Call us if you need someone trans to talk to, even if you're not in crisis or if you're not sure you're trans.
Resources Trans Lifeline	https://translifeline.org/resources/	The following resources are largely national. Please call the Hotline for support finding local resources. We source trans verified, trans led, and BIPOC led or centered resources where possible
Coming Out Trans Lifeline	https://translifeline.org/resource/coming-out/	Resources to assist with coming out.

Opinion:6 Common Myths I Had to Unlearn to Embrace My Gender Identity	https://everydayfeminism.com/2017/02/embrace-my-gender-identity/	A personal editorial about one person's personal journey to discovering their identity.
Transgender Map	https://www.transgendermap.com/	This free website shows how to make a gender transition. It tells about gender identity and gender expression, as well as the social, legal, and medical ways to make a transition. It has lists of people who can help. You can learn how to pay for transition. There is also help for young people and their families.
Microgrants	https://translifeline.org/microgrants/	Microgrants provide trans and non-binary people with low-barrier funds and support to correct names and/or gender markers on identifying legal documents, and supply necessities for our trans siblings behind bars.
American Trans Resource Hub	https://www.atrh.org/	The American Trans Resource Hub provides transgender individuals the comfort and stability they seek during their social, medical and/or legal transition by providing helpful resources and by offering direct assistance with other issues that may arise: housing instability, loss of employment, and lack of health.
Hudson's FTM Guide	http://www.ftmguide.org/	This Guide is intended to provide information on topics of interest to female-to-male (FTM, F2M) trans men, and their friends and loved ones. Non-trans men have also found the pages on men's grooming and clothing to be helpful. Transgender, cisgender, intersex, non-binary, genderqueer, questioning, and "just plain folks" are all welcome.
BIPOC Resources	https://www.s-r-a.org/bipoc-resources	It is critically important when expanding your understanding of allyship and support for your transgender, gender expansive, or non-binary child that you also learn how transgender people at the intersections of race, gender, and class are impacted.

Strands For Trans - Affirming Barbers and Beauticians	https://www.strandsfortrans.com/	Strands For Trans is bringing gays, straights, women, men, anyone, together to create more trans-friendly barbershops and hair salons
Trans in the South: A Directory of Trans-Affirming Health & Legal Service Providers	https://southernequality.org/resources/transinthesouth/	Trans in the South: A Directory of Trans-Affirming Health & Legal Service Providers, is a directory of more than 400 Southern health service providers who are trans-affirming.
Trans Women of Color Collective	https://www.twocc.us/	To uplift the narratives, lived experiences and leadership of trans and gender non-conforming people of color, our families and comrades as we build towards collective liberation for all oppressed people.
National Queer and Trans Therapists of Color Network	https://nqttcn.com/en/	Advancing healing justice by transforming mental health for queer and trans poc.
Resources – interACT: Advocates for Intersex Youth	https://interactadvocates.org/resources/	Resources for intersex youth.
Trans Families	https://transfamilies.org/	Trans Families inspires hope, increases understanding, and creates a visible pathway to support trans and gender diverse children and all those who touch their lives.
Trans Children and Youth - Understanding the Basics	https://www.hrc.org/resources/transgender-children-and-youth-understanding-the-basics	It is important to make distinctions between instances where “kids are being kids” and when they’re asserting things about themselves that are critical to their identity and development -- as is the case with gender identity and expression.
Life Outside The Binary	https://lifeoutsidethebinary.com/	Non-binary Transgender Information Center

Teachers and School Personnel

Resource Name	Website Link	Overview
Film Trailers: Creating Inclusive Schools Film	https://www.genderspectrum.org/articles/creating-gender-inclusive-schools-film	Creating Gender Inclusive Schools is a concise and complete overview of how teachers can implement gender-inclusive practices.
Video: Educator Stories: Gender Inclusive Spaces	https://www.genderspectrum.org/stories/letitias-story	Teaching a high school health class, Letitia recognizes the vital role she plays in creating a gender-inclusive, safe space for her students. Letitia movingly describes the importance of working with students through their life struggles, not just academics.
Professional Development Resources - Gender	https://www.genderspectrum.org/articles/professional-development-educators	Educators and education professionals can pursue training with Gender Spectrum through two main pathways. In both, we partner with you to implement our Framework for Gender-Inclusive Schools in a manner that is sensitive and responsive to the unique context of your community.
Gender Inclusive Puberty and Health Education	https://www.genderspectrum.org/articles/puberty-and-health-ed	Gender Spectrum's landmark publication "Principles for Gender Inclusive Puberty and Health Education" outlines the first-ever comprehensive approach to gender for puberty health educators.
YRBSS Youth Risk Behavior Surveillance System Data Adolescent and School Health CDC	https://www.cdc.gov/healthyyouth/data/yrbss/index.htm	The Youth Risk Behavior Surveillance System (YRBSS) monitors six categories of health-related behaviors that contribute to the leading causes of death and disability among youth and adults.
Handout: What Do You Say to "That's So Gay"?	https://d3n8a8pro7vhmx.cloudfront.net/themes/51e1be8f9670a42080000002/attachments/original/1377636647/6_What_Do_You_Say_to_That's so Gay%27_Handout.pdf?1377636647	A guide highlighting how to respond to negative comments/conversations around LGBTQ people.

How to Talk to School Staff and Parents About Gender Identity	https://rossieronline.usc.edu/blog/talking-about-students-and-gender/	School counselors wear many hats and play a multitude of roles in the academic, social and emotional growth of their students. One of their roles can be to help dispel myths and misconceptions about student experiences; this is especially pertinent in conversations surrounding a student's gender identity.
Educator Action Steps and Resources to Create Gender Inclusive Classrooms	https://rossieronline.usc.edu/blog/creating-gender-inclusive-classrooms/	All students benefit from creating a welcoming and inclusive environment that celebrates all student differences, including gender.
How To Talk to Your Students About Gender Identity	https://trans-cafe.squarespace.com/posts/2016/8/8/how-to-talk-to-your-students-about-gender-identity	The need to talk about gender identity in the classroom is an opportunity, not a liability. Opening up the conversation is important for everyone, so here are our three guidelines to help start the dialogue.
Classroom Resources: Learning Plans	https://www.learningforjustice.org/classroom-resources/learning-plans?keyword=Gender&field_topic%5B6%5D=6	Public learning plans to address topics of gender, sexual identity and social justice.
Teaching About Gender Identity	https://educators4sc.org/topic-guides/teaching-about-gender-identity/	Lesson plans, articles, and informational sites to assist in learning about gender identity and the gender spectrum.
Terminology: Sex, Sexual Orientation, Gender Identity and Gender Expression	https://www.learningforjustice.org/magazine/summer-2015/sex-sexual-orientation-gender-identity-gender-expression	Sex? Sexual Orientation? Gender Identity? Gender Expression? Knowing the difference can make all the difference to students who do not conform to binary norms.
The Gender Spectrum	https://www.learningforjustice.org/magazine/summer-2013/the-gender-spectrum	The Gender Spectrum, move beyond the pink/blue binary to support students who don't conform to narrow gender norms.
Professional Development Webinar: Let's Talk! Discussing Gender in the Classroom	https://www.learningforjustice.org/professional-development/webinars/lets-talk-gender	This series covers a range of critical topics that can be difficult to discuss with students and colleagues. For this third part in the series, Learning for Justice and Gender Spectrum are teaming up to help educators think beyond the gender binary and to create gender-

		inclusive classrooms. This interactive webinar will examine thought-provoking case studies and explore best practices.
LGBTQ+ Bullying: Making Schools Safe for LGBTQ+ Community	https://www.stompoutbullying.org/lgbtq-bullying	Schools should be a young person's primary center for learning, growing, and building a foundation for success in the world. High school can be challenging for any student, but LGBTQ+ youth face additional obstacles of harassment, abuse, and violence.
Safe and Supportive Schools Project	https://www.apa.org/pi/lgbt/programs/safe-supportive	The Safe and Supportive Schools Project partners with five professional organizations to promote the leadership of school-based counselors, nurses, psychologists and social workers in establishing safe and supportive schools environments for all students and staff.
American Psychological Association: Gender and sexual orientation diversity in children and adolescents in schools	https://www.apa.org/pi/lgbt/resources/diversity-schools?item=1	In August 2014, APA's Council of Representatives adopted the Resolution on Gender and Sexual Orientation Diversity in Children and Adolescents in Schools. The resolution calls for K-12 public schools to be places of safety and support for all students, and offers recommendations for policies, programs, training, and practices.
PDF: Safe Space Kit A Guide to Supporting Lesbian, Gay, Bisexual and Transgender Students in Your School	https://www.glsen.org/sites/default/files/GLSEN%20Safe%20Space%20Kit.pdf	A Guide to Supporting Lesbian, Gay, Bisexual and Transgender Students in Your School
American Psychological Association - Sexual Orientation and Gender Identity	https://www.apa.org/topics/lgbtq/sexual-orientation	This pamphlet is designed to provide accurate information for those who want to better understand sexual orientation and the impact of prejudice and discrimination on those who identify as lesbian, gay, or bisexual. The brochure is also available in Russian and Spanish.

Youth Pride Association - Supporting LGBTQ students in educational settings Nonprofit	https://www.ypapride.org/?gclid=CjwKCAjwloCSBhAeEiwA3hVo_UJosWtLxVY6fyQY9Bv0zS0GPBGnn9BC9bq0zfyOBcOD6ERI0b2ZtxoCbEcQAvD_BwE	The Youth Pride Association is a 501(c)3 nonprofit organization with the mission to promote and foster the acceptance of Lesbian, Gay, Bisexual, Transgender, and Queer (LGBTQ) people in educational institutions. We work to address the alarming and substantial adversities LGBTQ youth face in schools.
Pandemic Resources: Supporting LGBTQ youth during pandemic PDF	https://www.safeschoolsnc.org/uploads/1/1/3/3/113348087/supporting_lgbtq_youth_during_the_pandemic_2.pdf	Information, Tips and Resources for Educators compiled by Safe Schools NC
SAMHSA - Practitioner's resource Guide: Helping Families to Support Their LGBT Children	https://store.samhsa.gov/sites/default/files/d7/priv/pep14-lgbtkids.pdf	This resource guide was developed and is being disseminated throughout health and social service systems to help practitioners who work in a wide range of settings to understand the critical role of family acceptance and rejection in contributing to the health and well-being of adolescents who identify as lesbian, gay, bisexual, and transgender
5 Things You Can Do to Support Your LGBTQ Students	https://www.wgu.edu/heyteach/article/5-things-you-can-do-support-your-lgbtq-students1809.html	American Federation of Teachers (AFT) notes , "public schools often lead the way for the broader society in modeling inclusiveness and pluralism." Here are some steps teachers can take to ensure LGBTQ students feel safe, welcome, and included in their classrooms.
How Can Educators Support LGBTQ students in K-12	https://education.fsu.edu/how-can-educators-support-lgbtq-students-k-12	As educators who love and support our students, we need to ask ourselves what we can do to build safer classrooms and schools to better support LGBTQ+ students. Included are some suggestions.
LGBTQ & Allies Find Helpful Handouts LGBTRC UC Riverside	https://out.ucr.edu/resources/helpful-handouts	Whether you are looking for LGBT-related classroom materials or handy reference sheets for personal use, we have several helpful handouts (pdf format) you are free to print and use.
Key Concepts for Understanding LGBT Identity Development	https://students673.ucr.edu/docserver/gbt/igbt_identity_development_theory.pdf	Key concepts and terminology.

<p>Providing Services and Supports for Youth who are LGBTQIA+ or Two-Spirit</p>	<p>https://www.samhsa.gov/sites/default/files/lgbtqi2-s-practice-brief.pdf</p>	<p>This Practice Brief is for policymakers, administrators, and providers seeking to learn more about (1) youth who are lesbian, gay, bisexual, transgender, questioning, intersex, or two-spirit (LGBTQI2-S) and (2) how to develop culturally and linguistically competent programs and services to meet their needs and preferences.</p>
<p>A Guide for Understanding, Supporting, and Affirming LGBTQI2-S Children, Youth, and Families</p>	<p>https://www.air.org/sites/default/files/A_Guide_for_Understanding_Supporting_and_Affirming_LGBTQI2-S_Children_Youth_and_Families.pdf</p>	<p>This resource provides general information for service providers, educators, allies, and community members who seek to support the health and well-being of children and youth who are lesbian, gay, bisexual, transgender, questioning, intersex, and/or two-spirit (LGBTQI2-S) and their families. This guide will help to promote full and affirming inclusion of diverse LGBTQI2-S youth and families in all aspects of systems of care.</p>
<p>Forming Safe Spaces for LGBTQ Students in School</p>	<p>https://knowlesteachers.org/blog/forming-safe-space-lgbtq-students-school?gclid=CjwKCAjw9e6SBhB2EiwA5myr9nDL7VzZ1dXvnOSx96B_bzcFko9gWUh9SnYbrlGgBkSP-1UGYRGXqBoCQsgQAvD_BwE</p>	<p>In this blog post, 2016 Knowles Teaching Fellow Anthony Tedaldi shares some of the steps he's taken to make his classroom and school a safe space for LGBTQ students.</p>
<p>BEST PRACTICES FOR SERVING LGBTQ STUDENTS</p>	<p>https://www.learningforjustice.org/sites/default/files/2018-09/TT-LGBTQ-Best-Practices-Guide.pdf</p>	<p>The journey toward an LGBTQ-inclusive school climate begins with simple steps recommended in each of the four key areas of this guide:</p>
<p>The One Thing Queer Kids—and All of Us—Need Most</p>	<p>https://freespiritpublishingblog.com/2019/06/18/the-one-thing-queer-kids-and-all-of-us-need-most/</p>	<p>One of the most important ways we can support LGBTQ young people is by doing something that benefits all young people: foster their self-esteem.</p>
<p>Front Matter Reducing Inequalities Between Lesbian, Gay, Bisexual, Transgender, and Queer Adolescents and</p>	<p>https://nap.nationalacademies.org/read/26383/chapter/1</p>	<p>To better understand the inequalities facing lesbian, gay, bisexual, transgender, and queer (LGBTQ) youth and the promising interventions being used to address these inequalities, the National Academies of Sciences,</p>

Cisgender, Heterosexual Adolescents: Proceedings of a Workshop		Engineering, and Medicine's Board on Children, Youth, and Families hosted a virtual public workshop titled Reducing Inequalities Between LGBTQ Adolescents and Cisgender, Heterosexual Adolescents, which convened on August 25–27, 2021.
Supporting Your Transgender Students: 6 Tips For Teachers And Administrators From A Trans Student	https://trans-cafe.squarespace.com/posts/2016/11/7/supporting-your-transgender-students-6-tips-for-teachers-and-administrators-from-a-trans-student	Following these tips is a great first step to create a supportive environment for all of your students
6 th Grade – Understanding Boundaries Lesson Plan	https://www.advocatesforyouth.org/wp-content/uploads/2021/08/6-Lesson-3-3Rs-UnderstandingBoundaries.pdf	Define what a boundary is, with an emphasis on personal boundaries. Demonstrate how to be clear about one’s own and show respect for others’ boundaries. Demonstrate an understanding that no one has the right to violate someone else’s boundaries, and that doing so may be against the law. Name at least one resource to whom they can report sexual assault or rape.
1st Grade Lesson Plan: My Body Is My Body	https://www.advocatesforyouth.org/wp-content/uploads/2021/08/3Rs_Grade1_MyBodyIsMyBody_2021.pdf	Students will be able to: 1. Define “sexual abuse” .Name at least three behaviors that could be considered sexual abuse that they would want to bring to a trusted adult’s attention 3. Identify at least one trusted adult they can go to with questions or concerns about sexual abuse 4. Demonstrate ways to start a conversation when seeking help from a trusted adult about sexual abuse.
3rd Grade Lesson Plan: Consent	https://www.advocatesforyouth.org/wp-content/uploads/2021/08/3Rs_Grade3_Consent_2021.pdf	By the end of this lesson, students will be able to: 1. Explain the terms “consent,” “personal boundary” and “bodily autonomy” and how they relate to each other 2. Demonstrate how to communicate clearly about their personal boundaries. 3. Demonstrate how to be sure to respect another person’s boundaries

<p>Kindergarten Lesson Plan: My Space Your Space</p>	<p>https://www.advocatesforyouth.org/wp-content/uploads/3rscurric/documents/0K-Lesson-3-3Rs-MySpaceYourSpace.pdf</p>	<p>By the end of this lesson, students will be able to:</p> <ol style="list-style-type: none"> 1. Name at least 2 ways of being touched that are okay with them. 2. List at least 2 ways of being touched that they do not like. [Knowledge, Affect] 3. Explain that they have the right to determine whether and how they are touched. [Knowledge] 4. Demonstrate an understanding of how to respond effectively when someone touches them in a way with which they do not feel comfortable.
<p>8th grade lesson plan: 3 R's Warning Signs</p>	<p>https://www.advocatesforyouth.org/wp-content/uploads/2018/10/8-Lesson-7-3Rs-WarningSigns-1-1-1.pdf</p>	<p>Students will be able to: Name at least two different types of sexual assault. List at least one example of each of the following: mutual consent, unfair manipulation, threats and aggression. Demonstrate and understanding of how to report a sexual assault or abuse.</p>
<p>11th Grade Lesson Plan: My Boundaries</p>	<p>https://www.advocatesforyouth.org/wp-content/uploads/3rscurric/documents/11-Lesson-2-3Rs-MyBoundaries.pdf</p>	<p>LEARNING OBJECTIVES: By the end of this lesson, students will be able to:</p> <ol style="list-style-type: none"> 1. Define what a boundary is. [Knowledge] 2. Explain at least two examples of types of boundaries. [Knowledge] 3. Clarify what their own boundaries are in relation to physical touch. [Affect] 4. Demonstrate an understanding for the need to communicate about boundaries in a romantic or sexual relationship. [Knowledge]
<p>The Circles of Human Sexuality A Lesson Plan from Life Planning</p>	<p>http://youthtoday.org/wpcontent/uploads/sites/13/2015/12/03_HLTH_SRhHr_Resources_The-Circles-of-Human-Sexuality-Lesson.pdf</p>	<p>A Lesson Plan from Life Planning Education: A Youth Development Program Purpose: To develop and understand a broad definition of sexuality</p>

Parent and Caregiver Resources

Resource Name	Website Link	Overview
Parents and Family - Gender Spectrum	https://www.genderspectrum.org/audiences/parents-and-family	Our work is for all types of “family” and all adults who “parent” a child. Find all of our resources, groups, programs and more for parents and families.
Supporting Your LGBTQ Grandchild	https://www.lgbtagingcenter.org/resources/pdfs/sage-pflag-grandparents-day-2021-pdf1.pdf	This booklet offers a clear, concise guide to help you give your grandchildren the support they will need as they learn to be their authentic selves.
Talking to Kids About Sexuality Children's Hospital Pittsburgh	https://www.chp.edu/for-parents/health-tools/parent-resources/parenting-tips/positive-parenting/talking-about-sexuality	Resource for parents on talking to their young person about sexuality.
How to Talk to Your Kids About Sex	https://www.choosingtherapy.com/talk-to-kids-about-sex/	Age by Age guide to talk to your young person about sex.
Sex education and talking with children about sex: 0-8 years	https://raisingchildren.net.au/school-age/development/sexual-development/sex-education-children	Guide to talking to children 0-8 about sex.
Talking to Your Child About What It Means to Identify as LGBT	https://www.chla.org/blog/rn-remedies/talking-your-child-about-what-it-means-identify-lesbian-gay-bisexual-or-transgender	This is the first of a two-part series on how to talk to children about LGBT issues.
An Age Appropriate Guide to Sexuality Education for Parents Small Children	https://www.teenpregnancy-mo.org/wp-content/uploads/2019/06/TPPP_An-Age-Appropriate-Guide-to-Sexuality-Education-for-Parents.pdf	Age by Age guide to talk to your young person about sex.
Talking to Children About Sex while Transmitting Your Values	https://centerforparentingeducation.org/library-of-articles/healthy-communication/talking-with-children-	Most parents are uncomfortable talking about sexuality and sex specifically, this article empowers parents to navigate these conversations.

	about-sex-transmitting-your-values-and-attitudes-about-sexuality/	
Explaining Nonbinary: How to Talk to Kids About Gender	https://www.parents.com/kids/how-to-talk-to-kids-about-gender/	Instead of assuming a person's gender, shushing a child, or changing the subject, there are better ways we can be talking to our children about gender. If it feels like a tricky topic, here are some tips for starting the conversation, concepts to make it easier, and hints on how to answer your child's questions when it comes to gender.
Teaching My Preschooler About Gender Identity	https://www.plannedparenthood.org/learn/parents/preschool/how-do-i-talk-with-my-preschooler-about-identity	When it comes to gender, ideas about what it means to be a girl or a boy are everywhere, and these ideas have a big influence on your preschooler. Learn how to teach your kid that their gender doesn't limit them, how to talk about different kinds of families, how to know if your kid is transgender, and more.
What should I teach my elementary school aged child about identity?	https://www.plannedparenthood.org/learn/parents/elementary-school/what-should-i-teach-my-elementary-school-aged-child-about-identi	During the elementary school years, as kids interact more with other kids, they start to think a lot more about different family structures. They also come to understand their gender identity during elementary school. It's often when transgender and gender nonconforming identities become more clear. Learn how to talk with your kid about identity, family, gender, and more.
How do I talk with my elementary school aged child about pregnancy and reproduction?	https://www.plannedparenthood.org/learn/parents/elementary-school/how-do-i-talk-my-elementary-school-aged-child-about-pregnancy-and-reproduction	As kids get older, they can start to better understand how pregnancy happens. Preparing for these conversations can help make them easier. But the most important thing is being open and available when they want to talk.
Teaching My Middle-Schooler About Gender Identity	https://www.plannedparenthood.org/learn/parents/middle-school/what-should-i-teach-my-middle-schooler-about-identity	Middle school is when your preteen starts asking these questions and exploring their identity in all kinds of ways. The preteen years are when your kid better understands who they are in relation to other people.

Talking to your Child about Identity: A Resource for Parents	https://www.plannedparenthood.org/learn/parents/identity	Lesbian, gay, bisexual, transgender, queer, and gender nonconforming people are a part of every community and beloved members of many families. Learn how to discuss sexual orientations and gender identities with your kid, and how to support them if they're LGBTQ.
A Parent's Quick Guide for In-School Transitions	https://www.hrc.org/resources/a-parents-quick-guide-for-in-school-transitions-empowering-families-and-schools-to-support-transgender-and-non-binary-students	This guide supports parents and caregivers navigating the process of in-school social transition with their child and their child's school. The guide is intended to offer a quick reference for parents through the process, in a step-by-step manner.
Supporting Your Young Gender Non-Conforming Child	https://www.hrc.org/resources/supporting-your-young-gender-non-conforming-child	<p>This guide contains the following:</p> <ul style="list-style-type: none"> A glossary of relevant terms to better understand gender expansive identities, Advice for navigating common situations A book list for parents, caregivers and youth. Support in finding a competent and inclusive health care provider. Addressing common misconceptions about gender non-conforming children Additional resources for parents, caregivers, and youth-serving professionals.
Families National Center for Transgender Equality	https://transequality.org/issues/families	Strong families—however they are composed—support the well-being of transgender people throughout their lives. Despite the advance of marriage equality, transgender people and their families still face many challenges. Our resources focus on family rights and responding to discrimination related to family relationships.
Coming Out: Information for Parents of LGBTQ Teens	https://www.healthychildren.org/English/ages-stages/teen/dating-sex/Pages/Four-Stages-of-Coming-Out.aspx	Even if you are having trouble understanding your child's identity or feelings, not withdrawing from your role as a parent is probably one of the most important ways to help a child continue to feel a sense of being cared for and accepted.

Myths That Stigmatize LGBTQ People	https://www.strongfamilyalliance.org/parent-guide/essential-info/myths-that-stigmatize-lgbtq-people/	Negative ideas about LGBTQ individuals are often rooted in myths, stereotypes, and misinformation. Consider how your views might have been shaped by the myths discussed.
Relationships and Dating - Strong Family Alliance	https://www.strongfamilyalliance.org/parent-guide/challenges-ahead/relationship-and-dating/	A challenging area for many parents is navigating their child's dating and romantic relationships.
Our Children - PFLAG National	http://pflagnashville.org/wp-content/uploads/OUR-CHILDREN_PFLAGNational_FINAL.pdf	Questions and answers for families of lesbian, gay, bisexual, transgender, gender-expansive and queer youth and adults.
Ten Tips for Parents of a LGBTQ+	https://www.advocatesforyouth.org/media/parents-33/	These tips can also be useful for other trusted adults in the GLBT young person's life, explaining how a caring adult can be there for GLBT youth.
Freed Hearts Organization - Christian	https://www.freedhearts.org/?_ga=2.132021967.1112863870.1650234083-233131975.1650234083	If you are in the midst of deconstructing your faith; reconciling your beautiful heart and spirit with long-held religious beliefs or you are part of the LGBTQ+ community; or the parent, family member, or ally of someone who is. This is a fully affirming, inclusive, safe space.
Resources for Families of LGBTQ+ Youth -	https://www.childwelfare.gov/topics/systemwide/diverse-populations/lgbtq/lgbt-families/	Find resources in this section intended to help families support their LGBTQ+ youth; understand what to expect; and learn how to talk about a number of issues that may be impacting their youth.
Tips for Parents of LGBTQ Youth Johns Hopkins Medicine	https://www.hopkinsmedicine.org/health/wellness-and-prevention/tips-for-parents-of-lgbtq-youth	LGBTQ youth face some unique challenges that parents often feel unprepared to tackle. To help, Johns Hopkins pediatricians and adolescent medicine specialists share steps you can take to keep your kid happy and healthy.
Family Acceptance Project	https://familyproject.sfsu.edu/publications?_ga=2.132021967.1112863870.1650234083-233131975.1650234083	Key information from our research on how families can help support their lesbian, gay, bisexual and transgender (LGBTQ) children. These family education

		booklets have been designated as “Best Practice” resources for suicide prevention for LGBTQ people by the Best Practices Registry for Suicide Prevention.
What It Means When Your Teen Says They're Asexual and How to Support Them	https://www.parents.com/parenting/dynamics/lgbtq/what-it-means-when-your-teen-says-theyre-aseexual-and-how-to-support-them/	Understanding what asexual means is the first step to being there for them as a caregiver.
5 Things You Can Do Right Now to Support the Asexual Youth in Your Life	https://everydayfeminism.com/2016/01/supporting-aseexual-youth/	Ultimately, supporting asexual youth means understanding asexuality. Learn more and get resources, here.
A Parent's Guide to Asexuality	https://www.asexualityarchive.com/a-parents-guide-to-asexuality/	This guide aims to help explain what you need to know about asexuality, and what it means for you and your child.
Ways to Care for Young People Who Are Attracted to More Than One Gender	https://www.thetrevorproject.org/resources/guide/how-to-support-bisexual-youth/	An introductory educational resource that covers a wide range of topics and best practices for supporting the bisexual youth in your life.

Ally Resources

Resource Name	Website Link	Overview
<u>Allies PFLAG</u>	https://pflag.org/allies	Whether you have a close friend who identifies as lesbian, gay, bisexual, transgender, gender-expansive, or queer (LGBTQ). PFLAG is here to support you on your ally journey.
<u>Info and Resources for LGBTQ Teens and Allies</u>	https://www.plannedparenthood.org/learn/teens/lgbtq/info-and-resources-lgbtq-teens-and-allies	If you're a LGBTQ teen or ally, there are lots of resources to help you get the support and info you need.

<u>An Ally's Guide to Issues Facing LGBT Americans</u>	<u>https://www.lgbtmap.org/file/allys-guide-issues-facing-lgbt-americans.pdf</u>	A primer for allies that introduces the major areas in which LGBT Americans face challenges in fully participating in life.
<u>What Can I Do?: Ideas for Allies</u>	<u>https://students673.ucr.edu/docserver/lgbt/ideas_for_allies.pdf</u>	A Starter List of Things You Can Do to Be Supportive, Confront Homophobia, and Resist Heterosexism.
<u>When a Friend "Comes Out"</u>	<u>https://students673.ucr.edu/docserver/lgbt/when_a_friend_comes_out.pdf</u>	It is difficult to know what to say and do to be a supportive friend to someone who has “come out” to you. Featured are some suggestions you may wish to follow.
<u>Action Tips for Allies of Trans People</u>	<u>https://students673.ucr.edu/docserver/lgbt/trans-tips.pdf</u>	The following are several actions tips that can be used as you move toward becoming a better trans ally.
<u>Action Tips for Allies</u>	<u>https://students673.ucr.edu/docserver/lgbt/BiActionTips.pdf</u>	The following are several actions tips that can be used as you move toward becoming a better ally to Non-monosexual/Bi people.
<u>What the +?: Understanding and Supporting Expansive LGBTQ+ Identities</u>	<u>https://pflag.org/pflag-academy-demand/what-understanding-and-supporting-expansive-lgbtq-identities-recording-training</u>	Please join PFLAG National to learn more about terminology that goes beyond the basics. Whether you’re not a member of the LGBTQ+ community or a person who is LGBTQ+ looking to understand and serve as an ally to others in this space, this session will get you started and ready for conversations.
<u>Resources - Activism and Allyship</u>	<u>https://www.keshetonline.org/resources/topic/activism-and-allyship/</u>	Whether you’re a parent, sibling, educator, or rabbi, stepping up and speaking out as an ally has never been more important. We invite you to explore our collection of resources to help you strengthen your activism as we work together to advance LGBTQ rights

<u>Resources for Allies of LGBTQ+ People</u>	https://www.queertheology.com/allies/	Diving deeply into your support of LGBTQ+ people can actually transform your faith making it deeper and more robust than ever before. You don't have to give up either your faith or your loved ones. These resources will show you how.
<u>Transwhat? A Guide Towards Allyship</u>	https://www.transwhat.org/	Support for allies of trans people offering resources, information and guides.

Faith/Religious Resources

Resource Name	Website Link	Overview
How to Support Someone Who's Trans and Just Came Out to You - Jewish	https://www.keshetonline.org/resources/how-to-support-someone-whos-trans-and-just-came-out-to-you/	This guide provides ways to respond (and how not to respond) when someone comes out to you as transgender.
Faith Communities - Gender Spectrum	https://www.genderspectrum.org/audiences/faith-communities	View our collection of resources for navigating gender from several faith traditions. We have general resources for those of any faith, and also specific resources on gender for those of Christian, Muslim, Jewish, Buddhist, Confucianist and Taoist, Native Traditional and Indigenous, and Unitarian Universalist faiths.
Coming out as Queer & Spiritual – GLSEN	https://shop.glsen.org/blogs/glsen-blogs/coming-out-as-queer-spiritual	Personal editorial about a person's experience with religion and sexuality being raised in the Catholic Church.
LGBTQ and Muslim Are Not Dichotomous Identities Learning for Justice	https://www.learningforjustice.org/magazine/lgbtq-and-muslim-are-not-dichotomous-identities	Many people in United States hold the mistaken belief that LGBTQ people and Muslims are fundamentally at odds. We can

		teach the reality that LGBTQ Muslims exist and honor the voices of this identity group.
How to Stop Arguing About Religion but Make Your Point	https://pflag.org/pflag-academy-demand/how-stop-arguing-about-religion-make-your-point-recording-training-toolkit	This workshop's goal is to put religious arguments into perspective, not to argue. To explore strategies to defuse and redirect even the most difficult arguments effectively into the issues that lie beneath the religious arguments where the healing can begin.
I'm Muslim and my Gender Doesn't fit me : a resource for trans muslim youth	https://www.advocatesforyouth.org/wp-content/uploads/2019/05/Im-Muslim-My-Gender-Doesnt-Fit-Me.pdf	Resource Guide for Trans and Gender Nonconforming Muslim Youth.
Nonbinary Hebrew Project	https://www.nonbinaryhebrew.com/about-us	We are building a bigger tent for nonbinary Jews through a third-gender grammar systematics for Hebrew, guided by our Torah and Talmud that teach us to rejoice that which cannot be neatly categorized.
Reformation Project - Expanding LGBTQ Inclusion in Christianity	https://reformationproject.org/the-need/	As a Bible-based, Christian organization, The Reformation Project's mission is to advance LGBTQ inclusion in the church.
LGBTQ Christian Resources - Queer Theology	https://www.queertheology.com/resources/	At Queer Theology we've developed a ton of resources over the years. On this page we've got them organized by topic so you can find exactly what you're looking for exactly when you need it. From asking if it's okay to be LGBTQ to navigating sex and relationships to reclaiming the Bible. You need support? You can find it here.
Faith-Based Organizations – StrongFamily Alliance	https://www.strongfamilyalliance.org/hopeful-voices/faith-based-organizations/?utm_source=Sumo&utm_medium=Smart	Faith-Based Organizations In almost every faith group, there are resources for support.

Beloved Arise - Christian Teen Support	https://www.belovedarise.org/	Beloved Arise is a movement to fight for the lives of queer youth of faith. We build relationships, offer support, and inspire youth to embrace life to the fullest.
Affirming/Inclusive Bible	https://www.abebooks.com/Inclusive-Bible-First-Egalitarian-Translation-Priests-IVE7rICh3LawEcEAQYAiABEqLrsPD_BwE	A re-imagining of the scriptures and our relationship to them.
Muslim Youth Leadership Council	https://afy1.wpengine.com/about/our-programs/muslim-youth-leadership-council-mylc/	The Muslim Youth Leadership Council (MyLC) is a group of Muslim-identifying people ages 17-24 from across the country, working locally and nationally as activists, organizers, writers, leaders and more to promote LGBTQ rights, immigrant rights, and sexual and reproductive health and rights for Muslims.

Healthcare Providers

Resource Name	Website Link	Overview
Medical and Mental Health Professionals - Gender Spectrum	https://www.genderspectrum.org/audiences/medical-and-mental-health-professionals	Foundational understandings about gender and gender-affirming practices are crucial for the well-being of the young people in your care.
National LGBTQIA+ Health Education Center	https://www.lgbtqihealtheducation.org/resources/	Aims to address and eliminate health disparities for the LGBTQIA+ community, optimize access to cost-effective health care, improve the quality of care, provide training and technical assistance to health care providers and staff across the globe.

Meeting the Needs of the LGBTQIA+ Community at Community Health Centers in the South	https://www.lgbtqiahealtheducation.org/courses/meeting-the-needs-of-the-lgbtqia-community-at-community-health-centers-in-the-south/	This webinar aims to educate stakeholders on the needs and experiences of the LGBTQIA+ community and inform how HRSA health centers can effectively serve this community by addressing local needs and disparities and identifying opportunities to advance health equity through training, education, and collaboration with local community organizations.
Training Skills Overview: Focusing on the “How”	https://www.lgbtqiahealtheducation.org/courses/training-skills-overview-focusing-on-the-how/	In this overview from the March 2022 Advancing Excellence in Sexual and Gender Minority Health Education: A Train-the-Trainer Course, Dr. Camila Mateo discusses how to be an excellent trainer including concepts such as flow of your presentation, interactive components and reducing bias.
Effective and Affirming Communication	https://www.lgbtqiahealtheducation.org/courses/effective-and-affirming-communication/	In this overview from the March 2022 Advancing Excellence in Sexual and Gender Minority Health Education: A Train-the-Trainer Course, Dr. Jennifer Potter describes how to use effective and affirming communication with LGBTQIA+ patients and clients. She also describes how to teach these key concepts.
SGM Health Concepts and Terminology	https://www.lgbtqiahealtheducation.org/courses/sgm-health-concepts-and-terminology/	A Train-the-Trainer Course, <i>Dr. Brittany Charlton reviews sexual and gender minority health concepts and terminology with a focus on how to educate others on this content.</i>

Behavioral Health Care for LGBTQIA+ People	https://www.lgbtqiahealtheducation.org/courses/behavioral-health-care-for-lgbtqia-people/	This module discusses behavioral health disparities faced by LGBTQIA+ populations, and discusses evidence-based clinical practices in LGBTQIA+ behavioral health care.
Learning Resources — Introduction to LGBTQIA+ Health	https://www.lgbtqiahealtheducation.org/resources/in/introduction-to-lgbtqia-health/	This webinar will increase the capacity of health centers to understand the unique mental and physical health needs of LGBTQIA+ veterans. An overview of how VHA addresses these needs and how to connect with what is offered for health center providers and veterans will be provided.
Learning Resources — LGBTQIA+ Children and Youth	https://www.lgbtqiahealtheducation.org/resources/in/lgbtqia-youth/	Participants will explore the relationship of childhood identity development to beauty and health standards and learn strategies for providing, or referring to affirming services for LGBTQIA+ youth, including patients experiencing body dysmorphia and/or dysphoria.
Introduction and Panel of SGM Health Education Champions	https://www.lgbtqiahealtheducation.org/courses/introduction-and-panel-of-sgm-health-education-champions/	In this opening session at the March 2022 Advancing Excellence in Sexual and Gender Minority Health Education: A Train-the-Trainer Course, Dr. Ken Mayer introduces the history of sexual and gender minority health and Dr. Lakesha Williams moderates a panel of Health Education Champions.
LGBTQIA People of Color Transgender Health	https://www.lgbtqiahealtheducation.org/resources/in/lgbtqia-people-of-color_transgender-health/	This webinar will assist health centers in recognizing and supporting the importance of access to gender-affirming care for

		transgender and gender diverse (TGD) youth.
Learning Resources — Patient Education Materials	https://www.lgbtqihealtheducation.org/resources/in/patient-education-materials/	This collection of pamphlets will assist patients by providing information and resources.
Collecting Sexual Orientation and Gender Identity Data	https://www.lgbtqihealtheducation.org/resources/in/collecting-sexual-orientation-and-gender-identity-data/	Resources for medical providers on collecting sexual orientation and gender identity data.
Trans ECHO » LGBTQIA+ Health Education Center	https://www.lgbtqihealtheducation.org/project-echo/trans-echo/	Transgender Health ECHO (Trans ECHO) is an opportunity for your health center to learn from experts and apply those learnings to increase the availability of culturally-responsible, comprehensive primary care for transgender people.
Q Card Project	https://q-card-project.square.site/	The Q Card is a communication tool designed to help LGBTQ+ youth take charge of their health and talk to their providers about their identities.
A Practitioner's Resource Guide: Helping Families to Support Their LGBT Children	https://store.samhsa.gov/sites/default/files/d7/priv/pep14-lgbtkids.pdf	Research findings that show the critical role of family acceptance and rejection – and earlier ages of coming out – call for a paradigm shift to serve LGBT children and adolescents in the context of their families.
How To Find Resources for Clients	https://inreach.org/how-to-find-resources-for-clients/	InReach is for the entire diverse LGBTQ+ community – including asylum seekers and refugees, undocumented and other immigrants, young people experiencing homelessness, those facing family or community rejection due to their identity, and other transgender and non-binary people in need of safe resources.

Rainbow Health Education and Training	https://rainbowhealth.org/training-education/	Since our organization's beginnings in 1983, we've been a leader in HIV and LGBTQ+ education within our communities. Hire us to bring your team up-to-speed on the basics of HIV or LGBTQ+ identities, augment your career by earning CEUs, or work with our team to pursue custom trainings and assessments.
LGBTQ Health Resource Materials	https://www.etr.org/	ETR is a non-profit organization committed to improving health outcomes and advancing health equity for youth, families, and communities.
A Guide for Understanding, Supporting, and Affirming LGBTQI2-S Children, Youth, and Families	https://www.air.org/sites/default/files/A_Guide_for_Understanding_Supporting_and_Affirming_LGBTQI2-S_Children_Youth_and_Families.pdf	This resource provides general information for service providers, educators, allies, and community members who seek to support the health and well-being of children and youth who are lesbian, gay, bisexual, transgender, questioning, intersex, and/or two-spirit (LGBTQI2-S) and their families
Understanding the Health Needs of LGBT People	https://www.lgbtqihealtheducation.org/publication/understanding-health-needs-lgbt-people/	This document reviews LGBT concepts and demographics, discusses health disparities affecting LGBT groups, and outlines steps that clinicians, health centers, and other health care organizations can take to provide patient-centered care for LGBT people.
Providing Trauma Informed Care For LGBTQ+ Children and Youth: Integrating FAP & TF-CBT	https://lgbtqequity.org/fap/	FAP and TF-CBT integrated both family intervention models. The modified integrated trauma treatment model of TF-CBT – FAP has shown a significant decrease in PTSD symptoms for LGBTQ+ youth.

Top Health Issues for LGBT Populations Information & Resource Kit	https://store.samhsa.gov/sites/default/files/d7/priv/sma12-4684.pdf	This kit aims to create awareness among prevention specialists and healthcare providers of the needs, experiences, and health status of LGBT Americans.
Pediatric Collections: LGBTQ+: Support and Care (Part 1: Combatting Stigma and Discrimination) [Pap - AAP	https://shop.aap.org/pediatric-collections-lgbtq-support-and-care-part-1-combatting-stigma-and-discrimination/	As physicians empowered with LGBTQ+ health competency, we can break down the cycles of ignorance, shame, and toxic stress that harm children who identify as LGBTQ+ and improve their chances of leading happy, healthy adult lives.

Social Service Professionals

Resource Name	Website Link	Overview
Social Service Professionals - Gender Spectrum	https://www.genderspectrum.org/audiences/social-service-professionals	Gender Spectrum works with social service professionals to help you understand gender and the vital role that gender literacy plays in the lives of your clients and their families. Your support can make a world of difference for children, youth and families.
A Practitioner's Resource Guide: Helping Families to Support Their LGBT Children	https://store.samhsa.gov/sites/default/files/d7/priv/pep14-lgbtkids.pdf	This resource guide was developed and is being disseminated throughout health and social service systems to help practitioners who work in a wide range of settings to understand the critical role of family acceptance and rejection in contributing to the health and well-being of adolescents who identify as LGBTQ+.
Myths That Stigmatize LGBTQ People - Strong Family Alliance	https://www.strongfamilyalliance.org/parent-guide/essential-info/myths-that-stigmatize-lgbtq-people/	Negative ideas about LGBTQ individuals are often rooted in myths, stereotypes, and misinformation. Consider how your views

		might have been shaped by the myths discussed.
OUTreach Trillium Health Resources	https://www.trilliumhealthresources.org/outreach	We work with North Carolina Families United to help educate our communities with the skills needed to address the specific health concerns of and abuse toward LGBTQ+ youth.
How to Protect LGBTQ Youth From the Risks and Harms of Substance Use	https://drugfree.org/how-to-protect-lgbtq-youth-from-the-risks-and-harm-of-substance-use/	Showing your love, acceptance and support is essential to promoting your child's well-being. This behavior can significantly decrease an LGBTQ+ teen's likelihood of substance use and improve their mental health.
LGBTQIA+ Friendly Drug Rehab Facilities	https://drugrehabus.org/rehabs/treatment/lgbtqa/	Locate drug rehab facilities that provide LGBTQIA+ clients with an inclusive and accepting place for addiction recovery through evidence-based treatment for substance abuse, sexual health and mental health.
LGBTQ Youth Depression SAVE	https://save.org/product/lgbtq-youth-depression/	For those learning about depression and suicide prevention, this flyer provides information about depression and suicide specific to the LGBTQ community as well as symptoms of depression and warning signs of suicide.
Helping Diverse Families - LGBTQ Equity	https://lgbtqequity.org/wp-content/uploads/2021/11/FAP-Overview_Helping-Diverse-Families.pdf	The Family Acceptance Project® (FAP) is a research, education, intervention and policy initiative to help diverse families learn to support their lesbian, gay, bisexual, transgender and queer-identified (LGBTQ) children to prevent health and mental health risks and promote well-being.

Mental Health

Resource Name	Website Link	Overview
LGBTQI NAMI: National Alliance on Mental Illness	https://www.nami.org/Your-Journey/Identity-and-Cultural-Dimensions/LGBTQI	Confronting barriers <i>and</i> mental health symptoms with an LGBTQI-inclusive mental health provider can lead to better outcomes, and ultimately recovery.
Virtual Resources to Support LGBTQ Mental Health	https://equalityncfoundation.org/virtual_resources_to_support_lgbtq_mental_health/	While North Carolina schools and campuses are facilitating virtual and hybrid learning spaces, LGBTQ youth are experiencing further isolation from their peers without access to LGBTQ-specific social groups including genders and sexualities alliances (GSAs). This resource is a guide for LGBTQ youth and supportive allies to best support mental health needs during distance learning and social distancing.
Myths That Stigmatize LGBTQ People - Strong Family Alliance	https://www.strongfamilyalliance.org/parent-guide/essential-info/myths-that-stigmatize-lgbtq-people/	Negative ideas about LGBTQ individuals are often rooted in myths, stereotypes, and misinformation. Consider how your views might have been shaped by the myths discussed.
OUTreach Trillium Health Resources	https://www.trilliumhealthresources.org/outreach	Trillium developed Project OUTreach to share the research and tools available with our stakeholders, providers, faith-based organizations, and more. We work with North Carolina Families United to help educate our communities with the skills needed to address the specific health concerns of and abuse toward LGBTQ+ youth.
How to Protect LGBTQ Youth From the Risks	https://drugfree.org/how-to-protect-lgbtq-youth-from-the-risks-and-harm-of-substance-use/	Showing your love, acceptance and support is essential to promoting your child's well-being.

and Harms of Substance Use		This behavior can significantly decrease an LGBTQ+ teen's likelihood of substance use and improve their mental health.
LGBTQIA+ Friendly Drug Rehab Facilities	https://drugrehabus.org/rehabs/treatment/lgbtqa/	Locate drug rehab facilities that provide LGBTQIA+ clients with an inclusive and accepting place for addiction recovery through evidence-based treatment for substance abuse, sexual health and mental health.
LGBTQ Youth Depression SAVE	https://save.org/product/lgbtq-youth-depression/	Information about depression and suicide specific to the LGBTQ community as well as symptoms of depression and warning signs of suicide.
Helping Diverse Families - LGBTQ Equity	https://lgbtqequity.org/wp-content/uploads/2021/11/FAP-Overview_Helping-Diverse-Families.pdf	The Family Acceptance Project® (FAP) is a research, education, intervention and policy initiative to help diverse families learn to support their lesbian, gay, bisexual, transgender and queer-identified (LGBTQ) children to prevent health and mental health risks and promote well-being.
Psychiatric Resources - TFCBT FAP	https://lgbtqequity.org/wp-content/uploads/2021/09/TF-CBT-FAP_Psychiatric-Times.pdf	FAP has developed a series of research-based education materials to help parents understand the importance of family support, to guide behavioral change, and to educate extended family members as well as cultural and religious leaders.
Social and Emotional Wellness Initiative	https://www.sewi.org/lgbtq?gclid=Cj0KCQjwhL KUBhDiARIsAMaTLnFxvdZE3c_z-jk0tiGhyAPG8qxQnSqwbqwrv3DLcjsN6irj6VfwYyYaAnGWEALw_wcB	The Social & Emotional Wellness Initiative (SEWI) is a three-prong organization which strives to better the lives of the youth we serve, along with their families, their social & emotional wellness.

National Queer and Trans Therapists of Color Network	https://nqttcn.com/en/	The National Queer and Trans Therapists of Color Network (NQTTCN) is a healing justice organization committed to transforming mental health for queer and trans people of color (QTPoC). We work at the intersection of movements for social justice and the field of mental health to integrate healing justice into both of these spaces. Our overall goal is to increase access to healing justice resources for QTPoC.
LGBTQ Youth Resources	https://www.apa.org/pi/lgbt/programs/safe-supportive/lgbt	This webpage provides fact sheets, best practices and other resources for supporting lesbian, gay, bisexual, transgender and questioning youth.
Mental Health Resources in the LGBTQ Community - Human Rights Campaign	https://www.hrc.org/resources/mental-health-resources-in-the-lgbtq-community	Compiled resources for LGBTQ+ mental health and wellness.
QTBIPOC Mental Health and Well-Being	https://www.hrc.org/resources/qtbi poc-mental-health-and-well-being	Compiled resources for QTBIPOC mental health and wellness.
Questions to Help QTBIPOC Find Affirming Mental Health Providers	https://assets2.hrc.org/files/assets/resources/BIPOC_Inclusive_Therapist_Questions_073020.pdf?_ga=2.67166098.2013463255.1654544970-1563611569.1654544970	Compiled tips in the form of questions that you can ask that may help with selecting a therapist. Think of it as a therapist interview. Our hope is that asking these questions can eliminate potential stress and even save you time and money from unsuccessful therapist matches.
16 Mental Health Resources to Support the LGBTQ+ Community	https://www.verywellmind.com/16-mental-health-resources-to-support-the-lgbtq-community-5188200	Compiled resources for LGBTQ+ mental health and wellness.

True Colors United	https://truecolorsunited.org/	True Colors United implements innovative solutions to youth homelessness that focus on the unique experiences of LGBTQ young people.
Pride Institute	https://pride-institute.com/	Pride Institute offers inclusive and accepting recovery programs for members of the LGBTQ+ community.
Pride Counseling - Professional Therapy for LGBTQ Community	https://www.pridecounseling.com/	By providing online therapy to the LGBTQ community, we make help accessible and accepting of everyone. We provide a platform for people to get the help they need discreetly, affordably, and conveniently.

BIPOC Resources

Resource Name	Website Link	Overview
7 Things Everyone Needs to Know About Being a Trans Minority	https://trans-cafe.squarespace.com/posts/2016/11/17/7-things-everyone-needs-to-know-about-being-trans-a-minority-1	An editorial written by a 22 year old trans-masculine student.
The Impact of Racism and Inequality on Sexual Health	https://www.advocatesforyouth.org/wp-content/uploads/2021/08/3Rs_ImpactofRacismInequalityOnSexualHealth_HighSchool_FINAL-1.pdf	By examining and discussing the impact of racism and inequality, educators can provide opportunities for awareness and advocacy that may encourage systematic change and lead to a more equitable society
Communities of Color - Human Rights Campaign	https://www.hrc.org/resources/communities-of-color	LGBTQ+ people of color, similar to their broader LGBTQ+ community, experience alarmingly high rates of mental health challenges. It disrupts their daily lives and can be life-threatening, especially for children...
Black and African American LGBTQ Youth Report -	https://www.hrc.org/resources/black-and-african-american-lgbtq-youth-report	Data collected from Black LGBTQ+ youth, shedding light on their challenges and

		triumphs encountered while navigating multiple, intersecting identities.
Black & LGBTQ: Approaching Intersectional Conversations	https://www.thetrevorproject.org/resources/guide/black-lgbtq-approaching-intersectional-conversations/	Approaches for before, during, and after a difficult conversation to make sure the dialogue – and your mental health – stays safe.
'Bibi' Lesson 2: Intersectionality	https://www.learningforjustice.org/classroom-resources/lessons/bibi-lesson-2-intersectionality-in-bibi-6-8	Lesson plan that explains intersectionality and how it relates to privilege and oppression.
Supporting Black LGBTQ Youth Mental Health	https://www.thetrevorproject.org/resources/guide/supporting-black-lgbtq-youth-mental-health/	Under the minority stress model, experiences of discrimination, rejection, threats, and violence are compounded, and can lead to negative mental health outcomes.
Learning Resources — LGBTQIA+ People of Color	https://www.lgbtqihealtheducation.org/resources/in/lgbtqi-a-people-of-color/	Compiled learning resources for LGBTQIA+ People of color.
Coming Out Resources for African Americans	http://assets2.hrc.org/files/assets/resources/ComingOutForAAJune2014.pdf	Coming out to family is often one of the most difficult experiences for an LGBT person. And for African Americans, it may be particularly challenging, this guide offers information to assist.
Queer People of Color Heroes	https://students673.ucr.edu/docserver/lgbt/queer_people_of_color_heroes_posters.pdf	An informational collection of prominent queer people of color.
Resources for API Families PFLAG	https://pflag.org/blog/resourcesapifamilies	Asian parents voice unconditional love and support for their LGBT children. These short, beautiful videos of Asian American, South Asian, and Southeast Asian parents who love their LGBT kids aim to help diversify the faces of parents who have LGBT kids and to promote understanding and acceptance in the API community.

Supporting LGBTQ Youth of Color	https://www.glsen.org/lgbtq-youth-color	Collection of research reports exploring the experiences of AAPI, Black, Latinx, and Native & Indigenous LGBTQ youth. Also, blogs from students, educators, and advocates highlighting how to support this population of students.
A Map of Gender Diverse Cultures	https://www.pbs.org/independentlens/content/two-spirits_map-html/	Worldwide, the sheer variety of gender expression is almost limitless. Take a tour and learn how other cultures see gender diversity.

Neurodivergent Resources

Resource Name	Website Link	Overview
Dating Decision Tree The Birds and The Bees	https://asdsexed.org/2021/05/15/dating-decision-tree/	Making decisions about dating can be tough, especially if you don't really know what types of decisions to make. This graphic can be used to help steer the conversation about dating and how to make healthy decisions.
My Curriculum The Birds and The Bees	https://asdsexed.org/category/curriculum/my-curriculum-free/	Teaching human sexuality to individuals on the autism spectrum and with developmental disabilities
Why Neuro-divergence is also an LGBTQ+ topic	https://outleadership.com/insights/why-neurodivergence-is-also-an-lgbtq-topic/	The objective of our discussion was to explore the intersection of LGBTQ+ and neuro-divergence and what more can be done to address the topic in corporate culture with voices that identify as neuro-divergent.
Ambitious About Autism	https://www.ambitiousaboutautism.org.uk/what-we-do/awareness/inclusion/lgbtq	To support autistic young people in understanding themselves and others, we have worked closely with LGBTQ+ autistic young people to produce articles and visual stories, based on their own experiences.

Something to Talk About Live: LGBTQ+ Identities and Neurodiversity	https://pflag.org/blog/something-talk-about-live-lgbtq-identities-and-neurodiversity	Discussion on LGBTQ+ Identities and Neurodiversity
Gendervague: At the Intersection of Autistic and Trans Experiences	https://www.aane.org/gendervague-intersection-autistic-trans-experiences/	Editorial with the lived experience of a gender vague, autistic, trans person.
LGBTQ & Intellectual Disability	https://yournacm.com/file_download/inline/9beb6733-12ba-44d2-a776-fe7ac4a286bb	Resource that describes therapeutic interventions for supporting individuals that have an intellectual disability and identify as a sexual minority (LGBTQ). State evidence-based practices related to supporting individuals that have an intellectual disability and identify as a sexual minority.
Gay and on the Autism Spectrum: My Experience	https://www.respectability.org/2018/06/ericascherlgbtq/	Blog with personal narrative of one person's experience of being closeted, gay and on the autism spectrum.
Neurodiversity & Gender-Diverse Youth; An Affirming Approach to Care	https://www.lgbtqihealtheducation.org/wp-content/uploads/2020/08/Neurodiversity-and-Gender-Diverse-Youth_An-Affirming-Approach-to-Care_2020.pdf	Increasingly, clinicians and researchers are seeing a correlation between gender diversity and neurodiversity among adolescents and young adults. To support, providers can offer an affirming clinical approach that validates the patient.
How to Support a Young Person with ADHD as They Explore Gender	https://www.additudemag.com/webinar/lgbtq-transgender-adhd-gender-diversity-podcast-350/	In this webinar, discuss the fundamentals of understanding gender diversity and how ADHD affects the journey.
The Double Minority Effect: The Struggles of Identifying as Autistic and LGBTQIA+	https://opendoorstherapy.com/the-double-minority-effect-identifying-as-autistic-and-lgbtq/	A common misconception surrounding autism is that neurodivergent individuals are unable to express love and intimacy. This assumption is dangerous because it's simply not true. When this is assumed, parents and professionals interacting with autistic individuals may ignore

		important conversations about intimacy, gender, and sexuality.
Celebrating and Supporting LGBTQ+ People with Intellectual and Developmental Disabilities	https://acl.gov/news-and-events/acl-blog/celebrating-and-supporting-lgbtq-people-intellectual-and-developmental	It is an opportunity to recognize the challenges to equity and inclusion that are still faced by many in the LGBTQ+ community, which can be even greater for LGBTQ+ people of color and LGBTQ+ people with disabilities.

Podcasts/TED Talks

Resource Name	Website Link	Overview
Queer America Podcast Learning for Justice	https://www.learningforjustice.org/podcasts/queer-america	<i>Queer America</i> is an exploration of the history of sexual identity and gender identity in the United States.
Podcast Talk : Lillian Rivera	https://episodes.rockwoodleadership.org/e/episode-2-lillian-rivera/?gclid=CjwKCAjw9e6SBhB2EiwA5myr9jtCFd0ET10VknH4sMA2RL5eFeqOWdPEbdLLzmox1UHOiRWgIZfyOB0C_hMQAvD_BwE	In this episode, Lillian Rivera, Executive Director of Hetrick-Martin New Jersey, talks about what inspires her, what brings her joy, and her hopes for our collective future
Gender Reveal Podcast	https://www.genderpodcast.com/	Explores the vast diversity of trans experiences through interviews with a wide array of trans, non-binary and two-spirit people.
Celebrating (and deconstructing) the gender spectrum	https://www.ted.com/playlists/459/the_gender_spectrum	These talks celebrate and break down what it means to live outside society's traditional (and outdated) understanding of gender.
Queery with Cameron Esposito podcast on Earwolf	https://www.earwolf.com/show/queery/	QUEERY explores individual stories of identity, personality and the shifting cultural matrix around gender, sexuality and civil rights.
17 Magazine - 10 Podcasts Every LGBTQ Teen	https://www.seventeen.com/celebrity/g13430299/10-podcasts-every-lgbtq-teen-should-listen-to/?slide=3	A collection of podcasts that could be relatable and informative for LGBTQ teens.

Outspoken Voices Podcast - Family Equality	https://www.familyequality.org/outspoken-voices-podcast/	A podcast by and for LGBTQ+ parents, people with LGBTQ+ parents, grandparents and everyone else who is part of our family journeys.
LGBT - YouTube	https://www.youtube.com/playlist?list=PLOGi5-fAu8bE4Br8YJb2RW0bOkPnAQU6C	A collection of LGBTQ+ YouTube videos/TED Talks.
Finding Free - LGBTQ Affirmation Interview	https://directory.libsyn.com/episode/index/show/findingfreepodcast/id/16847498	Finding Free Podcast is a place for exploration and wandering, where you can sift through your own life and faith, and uncover the truths about yourself that have been there all along
Beloved Arise: S01E21 - This Little Light of Mine	https://thislittlelightofmine.ca/podcast/beloved-arise/	A movement that fights for the lives of LGBTQ+ youth, particularly those who have been rejected or marginalized by their faith communities.

Books

Resource Name	Website Link	Overview
LGBTQ+ - Social Justice Books	https://socialjusticebooks.org/booklists/lgbtq/	Teaching for Change carefully selects the best multicultural and social justice books for children, young adults, and educators.
Recommended Reading: Coming Out PFLAG	https://pflag.org/comingoutbooks	Many of the titles listed cover the process both for those who are navigating a new lifetime of being out and proud and their loved ones.
Resources for Educators and Librarians Queer Books for Teens	https://queerbooksforteens.com/resources/	The main scope of this website is to have as comprehensive a list as possible of LGBTQ YA published between 2000-2020.
Great LGBTQIA+ Books for Kids and Teens Brightly	https://www.readbrightly.com/9-great-lgbtq-books-kids/	30 Great LGBTQIA+ Books for Kids and Teens
A Plethora of Pride: LGBTQ books for teens	https://bookriot.com/lgbtq-books-for-teens/	A lot of great LGBTQ books for teens of all interests

Great LGBTQ+ Inclusive Picture & Middle Grade Books	https://welcomingschools.org/resources/childrens-books-lgbtq-inclusive	Diverse Family Books Inclusive of LGBTQ+ Families
Non-Fiction Resources for LGBT Teens Youth Families	https://www.goodreads.com/list/show/26180.Non-Fiction_Resources_for_LGBT_Teens_Youth_Families	Non-Fiction Resources for LGBT Teens, Youth & Families
LGBTQ Inclusive Books for Children and Young People	https://www.stonewall.org.uk/education-resources/lgbtq-inclusive-books-children-and-young-people	Welcome to the Stonewall Book List for schools, colleges, parents, and careers. We've hand-selected a wide range of LGBTQ-inclusive books for children and young people to enjoy.
Books with LGBTQ+ Characters Common Sense Media	https://www.common Sense Media.org/lists/books-with-lgbtq-characters	From books with main characters who are lesbian, gay, bisexual, or transgender or who are exploring their gender identity or sexual orientation to stories of kids and teens with queer friends or parents, these books portray many aspects of the LGBTQ+ experience.
Young Adult Books for LGBTQ Teens and Allies	https://familyresourcesinc.org/2019/04/ya-books-for-lgbtq-teens-allies/	There are nonfiction anthologies featuring the lives of gay people and creative prose exploring what it means to be gay as a teen. Here are our top eight picks for YA books for LGBTQ teens that are essential for your reading list.
20 Books for Parents of LGBTQ Kids	https://bookriot.com/books-for-parents-of-lgbt-kids/	A list of books specifically tailored to parents of LGBT kids—an LGBT 101 for parents new to the journey and wanting to learn more.
Suggested Reading - PFLAG NYC	https://www.pflagnyc.org/families/suggested-reading/	From the early stages of learning about an LGBTQ+ loved one or coming out, to finding out more about the LGBTQ+ community and current issues, the books listed here are helpful in becoming well-informed.
LGBTQ+ Youth & Adult Resources: Parents	https://guides.bpl.org/QUILT BAG/parents	Books, groups, healthcare, movies, and more for those who are Queer/Questioning,

		Undecided, Intersex, Lesbian, Transgender/Two-Spirit, Bisexual, Asexual, Gay/Genderqueer and their allies.
The Savvy Ally: A Guide for Becoming a Skilled LGBTQ+ Advocate	https://www.amazon.com/gp/product/B08512FFSK/ref=dbs_a_def_rwt_hsch_vapi_tkin_p1_i0	The Savvy Ally: A Guide for Becoming a Skilled LGBTQ+ Advocate is an enjoyable, humorous, encouraging, easy to understand guidebook for being an ally to the LGBTQ+ communities.

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Be an ally. Save a life.